HealthierUS School Challenge

Food/Nutrient Guidance

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Examples of Dark Green/Orange Vegetables

- Acorn Squash
- Beet and Mustard Greens
- Bok Choy
- Broccoli
- Butternut Squash
- Carrots
- Collard Greens
- Dark Green Leaf Lettuces or Salad Greens, e.g. Mesclun
- Hubbard Squash
- Kale
- Pumpkin
- Romaine Lettuce
- Spinach
- Sweet Potatoes or Yams (Orange)
- Turnip Greens
- Watercress

Examples of Orange Fruits

- Apricots
- Cantaloupe
- Guava
- Mandarin Oranges
- Mango
- Nectarines
- Orange
- Papaya
- Peaches
- Tangerines

Good Sources of Vitamin C (at least 8 mg per serving)*

Asparagus, frozen, cooked, boiled Asparagus, frozen, cooked, boiled Broccoli, frozen, chopped, cooked, boiled Broccoli, frozen, cooped, boiled Brocsoli, frozen, cooked, boiled Brocsoli, frozen, cooked, boiled Brocsoli, frozen, cooked, boiled Cabbage, Chinese (pak-choi), cooked, boiled Cabbage, cooked, boiled Cabbage, cooked, boiled Cabbage, red, raw Carambola (starfriit), raw Califlower, frozen, cooked, boiled Cauliflower, frozen, cooked, boiled Cauliflower, frozen, cooked, boiled Calliflower, frozen, cooked, boiled Collards, frozen, chopped, cooked, boiled Collards, frozen, chopped, cooked, boiled Collards, frozen, chopped, cooked, boiled Coraperry juice cooktail, bottled Grapefruit sections, canned, light syrup pack, solids and liquid Grapefruit, raw, white Grapes, red or green (Such as Thompson seedless), raw Kale, cooked, boiled, drained Kiwi fruit, (Chinese gooseberries), fresh Kohlrabi, cooked, boiled, drained Lemon juice, canned or bottled Lemon juice, canned or bottled Assamble Carabers, raw Melons, cantaloupe, raw	Food Item	Serving Size	Mg.	
Asparagus, frozen, cooked, boiled Broccoli, frozen, chopped, cooked, boiled Broccoli, frozen, chopped, cooked, boiled Broccoli, frozen, chopped, cooked, boiled Brussels sprouts, frozen, cooked, boiled Cabbage, Chinese (pak-choi), cooked, boiled Cabbage, chinese (pak-choi), cooked, boiled Cabbage, red, raw Carambola, (starfruit), raw Carambola, (starfruit), raw Carambola, (starfruit), raw Cauliflower, frozen, cooked, boiled Caluiflower, raw Colleslaw, school-prepared Collards, frozen, chopped, cooked, boiled Collards, frozen, chopped, cooked, boiled Collards, frozen, chopped, cooked, boiled Corn, sweet, yellow, canned Cranberry juice cocktail, bottled Cranberry juice cocktail, bottled Cranperruit sections, canned, light syrup pack, solids and liquid Crapefruit, raw, white Crapefruit, raw, white Crapers, red or green (Such as Thompson Seedless), raw Kale, cooked, boiled, drained Kale, cooked, boiled, drained Va cup Seedless), raw Kale, cooked, boiled, drained Conge, canned or bottled Corn, canned, light syrup pack, solids and liquid Crapefruit, raw, white Cooked Corn, sweet, boiled, drained Corn, seedless), raw Kale, cooked, boiled, drained Corn, frozen, cooked, boiled Corn, cooked Corn, cooked Corn, cooked Corn, cooked, boiled, drained Corn, cooked Corn, cooked, boiled, drained Corn, cooked, boiled				
Asparagus, frozen, cooked, boiled Broccoli, frozen, chopped, cooked, boiled Broccoli, frozen, chopped, cooked, boiled Broccoli, frozen, chopped, cooked, boiled Brussels sprouts, frozen, cooked, boiled Cabbage, Chinese (pak-choi), cooked, boiled Cabbage, chinese (pak-choi), cooked, boiled Cabbage, cooked, boiled Cabbage, red, raw Carambola, (starfruit), raw Carambola, (starfruit), raw Cauliflower, frozen, cooked, boiled Calliflower, raw Cauliflower, raw Collards, frozen, cooked, boiled Collards, frozen, chopped, cooked, boiled Corn, sweet, yellow, canned Cranberry juice cocktail, bottled Cranperry juice, canned orgen (Such as Thompson seedless), raw Kale, cooked, boiled, drained V2 cup Soup Cranperry juice, canned orgen (Such as Thompson seedless), raw Kale, cooked, boiled, drained V2 cup Cranperry juice, canned or bottled Cranpe juice, canned or bottled Cranpe juice, canned or bottled Cranperry juice, canned or bottled Cranpe juice, canned or bottled Cranperry juice, canned or bottled Cranperry juice, canned orgen juice, chilled, includes from concentrate Cranperry juice, canned, insweetened Cranperry juice, canned, insweetened Cranperry juice, conded, boiled Cranperry juice, conded, boiled Cranperry juice, cooked, boiled Cranperry juice, cooked, boiled Cranperry juice, cooked, boiled Cranperry juice, cooked, boiled, drained Cranperry juice, cook	Asparagus, frozen, cooked, boiled	¹⁄2 cup	22	
Broccoli, frozen, chopped, cooked, boiled Broccoli, raw Brussels sprouts, frozen, cooked, boiled Cabbage, Chinese (pak-choi), cooked, boiled Cabbage, cooked, boiled Cabbage, cooked, boiled Cabbage, red, raw Uarambola, (starfruit), raw Carambola, (starfruit), raw Calliflower, frozen, cooked, boiled Calliflower, frozen, cooked, boiled Calliflower, raw Coleslaw, school-prepared Collards, frozen, chopped, cooked, boiled Corapes, red or green (Such as Thompson seedless), raw Kale, cooked, boiled, drained Va cup Soldand iquid Crapefruit, raw, white Va cup		4 spears	15	
Broscoli, raw Brussels sprouts, frozen, cooked, boiled Cabbage, Chinese (pak-choi), cooked, boiled Cabbage, cooked, boiled Cabbage, cooked, boiled Cabbage, cooked, boiled Cabbage, red, raw Carambola, (starfruit), raw Carambola, (starfruit), raw Cauliflower, frozen, cooked, boiled Cauliflower, raw Coleslaw, school-prepared Collards, frozen, chopped, cooked, boiled Corn, sweet, yellow, canned Cranberry juice cocktail, bottled Grapefruit, sections, canned, light syrup pack, solids and liquid Grapefruit, raw, white Grapes, red or green (Such as Thompson seedless), raw Kale, cooked, boiled, drained Kale, cooked, boiled, drained Lemon juice, canned or bottled 2 T. Lima beans, immature seeds, frozen, cooked Mangos, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, contaloupe, raw Melons, conked, boiled Orange juice, canned, unsweetened Oranges, raw, all commercial varieties I medium To Papayas, raw Peaches, frozen, cooked, boiled Peas, green, frozen, cooked, boiled Peas, green, frozen, cooked, boiled Peas, green, frozen, cooked, boiled Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained		•	37	
Brussels sprouts, frozen, cooked, boiled Cabbage, Chinese (pak-choi), cooked, boiled Cabbage, cooked, boiled Cabbage, cooked, boiled Carambola, (starfruit), raw Carambola, (starfruit), raw Cauliflower, frozen, cooked, boiled Cauliflower, raw Coleslaw, school-prepared Collards, frozen, chopped, cooked, boiled Collards, frozen, chopped, cooked, boiled Collards, frozen, chopped, cooked, boiled Corn, sweet, yellow, canned Corn, sweet, yellow, canned Craperruit sections, canned, light syrup pack, solids and liquid Crapefruit, raw, white Crapefruit, raw, white Crapes or green (Such as Thompson Seedless), raw Kale, cooked, boiled, drained Lemon juice, canned or bottled Lemon juice, canned or bottled Mangos, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Mustard greens, cooked, boiled Orange juice, chilled, includes from concentrate Oranges, raw Peaches, frozen, canned, usweetened Peas, green, canned, usweetened Peas, green, canned, usweetened Peas, green, canned, regular pack Peas, green, canned, regular pack Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained Peppers, sweet, green, cooked, boiled Peppers, sweet, green, cooked, boiled Peppers, sweet, green, cooked, boiled, drained Peppers, sweet, green, cooked, boiled, drained Pappers, sweet, green, cooked, boiled, drained		-	20	
Cabbage, Chinese (pak-choi), cooked, boiled Cabbage, cooked, boiled Cabbage, cooked, boiled Cabbage, red, raw Carambola,(starfruit), raw Cauliflower, frozen, cooked, boiled Calliflower, raw Coleslaw, school-prepared Collards, frozen, chopped, cooked, boiled Corn, sweet, yellow, canned Crapefruit sections, canned, light syrup pack, solids and liquid Grapefruit, raw, white Crapes, red or green (Such as Thompson Seedless), raw Kale, cooked, boiled, drained Kale, cooked, boiled, drained Kohlrabi, cooked, boiled, drained Lima beans, immature seeds, frozen, cooked Mangos, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, canned, unsweetened Orange juice, canned, unsweetened Orange, raw, all commercial varieties Papayas, raw Peaches, frozen, sliced, sweetened Peas, green, cooked, boiled Peas, green, cranned, regular pack Peppers, bot chili, green, raw Peppers, sweet, green, cooked, boiled, drained	Brussels sprouts, frozen, cooked, boiled	_	18	
Cabbage, cooked, boiled Cabbage, red, raw Carambola,(starfruit), raw Cauliflower, frozen, cooked, boiled Cauliflower, raw Cauliflower, raw Cauliflower, raw Coleslaw, school-prepared Collards, frozen, chopped, cooked, boiled Corn, sweet, yellow, canned Cranberry juice cocktail, bottled Grapefruit sections, canned, light syrup pack, solids and liquid Grapefruit, raw, white Grapefruit, raw, white Grapes, red or green (Such as Thompson seedless), raw Kale, cooked, boiled, drained Kale, cooked, boiled, drained Lemon juice, canned or bottled Lemon juice, canned or bottled Canned or bottled Mangos, raw Melons, cantaloupe, raw Mustard greens, cooked, boiled Orange juice, chilled, includes from concentrate Oranges, raw, all commercial varieties Papayas, raw Peaches, frozen, frozen, cooked, boiled Peaps, green, canned, regular pack Peas, green, frozen, cooked, boiled Peppers, sweet, green, row Peppers, sweet, green, cooked, boiled, drained Pappers, sweet, green, cooked, boiled, drained Pappers, sweet, green, cooked, boiled, drained Pappers, sweet, green, cooked, boiled, drained	•	•	22	
Cabbage, red, raw Carambola,(starfruit), raw Cauliflower, frozen, cooked, boiled Cauliflower, raw Cauliflower, raw Va cup Cauliflower, raw Va cup Coleslaw, school-prepared Va cup Collards, frozen, chopped, cooked, boiled Calliflower, raw Va cup Collards, frozen, chopped, cooked, boiled Collards, frozen, chopped, cooked, boiled Cauliflower, raw Collards, frozen, chopped, cooked, boiled Collards, frozen, chopped, cooked, boiled Collards, frozen, chopped, cooked, boiled Caraberry juice cocktail, bottled Caraberry juice cocktail, bottled Carapefruit sections, canned, light syrup pack, Solids and liquid Grapefruit, raw, white Carapefruit, raw, white Va cup Caraperruit, raw, white Carapers, red or green (Such as Thompson Seedless), raw Kale, cooked, boiled, drained Va cup Seedless), raw Kale, cooked, boiled, drained Va cup Caramed, va cup C		-	15	
Carambola,(starfruit), raw		_	10	
Cauliflower, frozen, cooked, boiled Cauliflower, raw '4 cup Calliflower, raw '4 cup Coleslaw, school-prepared Collards, frozen, chopped, cooked, boiled Coranberry juice cocktail, bottled Cranberry juice cocktail, bottled Grapefruit sections, canned, light syrup pack, solids and liquid Grapefruit, raw, white Crapes, red or green (Such as Thompson Seedless), raw Kale, cooked, boiled, drained Kale, cooked, boiled, drained Kale, cooked, boiled, drained V2 cup Seedless), raw Kale, cooked, boiled, drained V3 cup Collards, frozen, Cooked Mangos, raw Mangos, raw Mangos, raw Melons, cantaloupe, raw Melons, conded, boiled Mangos, raw, all commercial varieties Mustard greens, cooked, boiled Orange juice, chilled, includes from concentrate Orange, raw, all commercial varieties Melons, forzen, sliced, sweetened Papayas, raw Peaches, frozen, sliced, sweetened Peas, green, canned, regular pack Peas, green, frozen, cooked, boiled Peppers, hot chili, green, raw Peppers, sweet, green, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained		¹⁄4 cup	9	
Cauliflower, raw Coleslaw, school-prepared Collards, frozen, chopped, cooked, boiled Collards, frozen, chopped, cooked, boiled Corn, sweet, yellow, canned Cranberry juice cocktail, bottled Grapefruit sections, canned, light syrup pack, solids and liquid Grapefruit, raw, white Grapes, red or green (Such as Thompson seedless), raw Kale, cooked, boiled, drained Kiwi fruit, (Chinese gooseberries), fresh Lemon juice, canned or bottled Lemon juice, canned or bottled Mangos, raw Melons, cantaloupe, raw Melons, cooked, boiled Orange juice, canned, unsweetened Mangos, raw, all commercial varieties Papayas, raw Peaches, frozen, sliced, sweetened Peas, green, canned, regular pack Peppers, sweet, green, raw Peppers, sweet, green, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained Pappyrs, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained Papppers, sweet, green, cooked, boiled, drained Peppers, sweet, green, cooked, boiled, drained Pappers, sweet, green, cooked, boiled, drained Pappers, sweet, green, cooked, boiled, drained		¹⁄4 cup	14	
Coleslaw, school-prepared		•	12	
Collards, frozen, chopped, cooked, boiled Corn, sweet, yellow, canned Cranberry juice cocktail, bottled Grapefruit sections, canned, light syrup pack, solids and liquid Grapefruit, raw, white Grapes, red or green (Such as Thompson seedless), raw Kale, cooked, boiled, drained Kohlrabi, cooked, boiled, drained Mangos, raw Helons, cantaloupe, raw Melons, cantaloupe, raw Melons, contaloupe, raw Melons, honeydew, raw Mustard greens, cooked, boiled Orange juice, canned, unsweetened Oranges, raw, all commercial varieties Papayas, raw Peaches, frozen, cooked, boiled Peas, green, canned, regular pack Peppers, bot chili, green, raw Peppers, sweet, green, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained Pid cup Papayes, sweet, green, raw Peppers, sweet, green, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained Pid cup Papayes, sweet, green, cooked, boiled, drained Pid cup Papayer Paces, green, cooked, boiled Pid cup Papayer Paces, green, cooked, boiled Pid cup Papers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained Pid cup Papayas, raw Peppers, sweet, green, cooked, boiled, drained Pappers, sweet, green, cooked, boiled, drained Pid cup Paces Pa	Coleslaw, school-prepared	_	10	
Corn, sweet, yellow, canned Cranberry juice cocktail, bottled Cranberry juice cocktail, bottled Grapefruit sections, canned, light syrup pack, solids and liquid Grapefruit, raw, white Grapes, red or green (Such as Thompson seedless), raw Kale, cooked, boiled, drained Kale, cooked, boiled, drained Lemon juice, canned or bottled Lemon juice, canned or bottled Lemon, cantaloupe, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, cooked, boiled Orange juice, chilled, includes from concentrate Orange juice, chilled, includes from concentrate Oranges, raw, all commercial varieties Peas, green, frozen, cooked, boiled Peas, green, frozen, cooked, boiled Peppers, bot chili, green, raw Peppers, sweet, green, cooked, boiled, drained Pappays, sweet, green, cooked, boiled, drained Peppers, sweet, green, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained Peppers, sweet, green, cooked, boiled, drained		½ cup	22	
Cranberry juice cocktail, bottled Grapefruit sections, canned, light syrup pack, solids and liquid Grapefruit, raw, white Grapefruit, raw, white Grapes, red or green (Such as Thompson seedless), raw Kale, cooked, boiled, drained Kale, cooked, boiled, drained Kale, cooked, boiled, drained Kale, cooked, boiled, drained V2 cup Kiwi fruit, (Chinese gooseberries), fresh Lemon juice, canned or bottled Lemon juice, canned or bottled Lima beans, immature seeds, frozen, cooked Mangos, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, honeydew, raw Melons, honeydew, raw Melons, canned, unsweetened Orange juice, canned, unsweetened Orange juice, canned, unsweetened Oranges, raw, all commercial varieties I medium To Papayas, raw Peaches, frozen, sliced, sweetened Peas, green, canned, regular pack Peas, green, frozen, cooked, boiled Peppers, hot chili, green, raw Peppers, sweet, green, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained Pappers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained Papepers, sweet, green, cooked, boiled, drained		½ cup	9	
Grapefruit sections, canned, light syrup pack, solids and liquid Grapefruit, raw, white	Cranberry juice cocktail, bottled	-	45	
solids and liquid Grapefruit, raw, white Grapes, red or green (Such as Thompson seedless), raw Kale, cooked, boiled, drained Kale, cooked, boiled Carne bears, immature seeds, frozen, Cooked Mangos, raw Maleons, cantaloupe, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, honeydew, raw Melons, honeydew, raw Melons, honeydew, raw Melons, canned, unsweetened Mange juice, canned, unsweetened Maleor, canned, insweetened Melor, canned, includes from concentrate Melor, canned, includes from concentr		¹⁄₄ cup	14	
Grapes, red or green (Such as Thompson seedless), raw Kale, cooked, boiled, drained Kale, cooked, boiled, drained Kohlrabi, cooked, boiled, drained Lemon juice, canned or bottled Lemon juice, canned vector juice, cup Lemon juice, canned vector juice, cup Melons, cantaloupe, raw Leg cup Melons, cantaloupe, raw Leg cup Melons, honeydew, raw Leg cup Leg cu		•		
Grapes, red or green (Such as Thompson seedless), raw Kale, cooked, boiled, drained Kale, cooked, boiled, drained Kohlrabi, cooked, boiled, drained Lemon juice, canned or bottled Lemon juice, canned vector juice, cup Lemon juice, canned vector juice, cup Melons, cantaloupe, raw Leg cup Melons, cantaloupe, raw Leg cup Melons, honeydew, raw Leg cup Leg cu	Grapefruit, raw, white	¹ / ₄ grapefruit	20	
seedless), raw Kale, cooked, boiled, drained Kale, cooked, boiled, drained Kiwi fruit, (Chinese gooseberries), fresh Kohlrabi, cooked, boiled, drained Lemon juice, canned or bottled Lemon juice, canned or bottled Lemon juice, canned or bottled Lima beans, immature seeds, frozen, Cooked Mangos, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, honeydew, raw Melons, honeydew, raw Melons, canned, unsweetened Orange juice, canned, unsweetened Afl. oz. Afl Oranges, raw, all commercial varieties I medium Melons, frozen, sliced, sweetened Melons, honeydew, raw Melons, cantaloupe, raw Melons	•	0 1	9	
Kiwi fruit, (Chinese gooseberries), fresh Kohlrabi, cooked, boiled, drained Lemon juice, canned or bottled Lima beans, immature seeds, frozen, Cooked Mangos, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, contaloupe, raw Melons, honeydew, raw Melons, cooked, boiled Orange juice, canned, unsweetened Oranges, raw, all commercial varieties Papayas, raw Melons, frozen, sliced, sweetened Mangos, raw Melons, cantaloupe, raw Melons, contaloupe, raw Melons, honeydew, raw Melons, honeydew, raw Melons, honeydew, raw Melons, honeydew, raw Melons, cantaloupe, raw Melons, honeydew, raw Melons, cantaloupe, raw Melons, canta		•		
Kohlrabi, cooked, boiled, drained ½ cup 45 Lemon juice, canned or bottled 2 T. 8 Lima beans, immature seeds, frozen, ½ cup 11 cooked Mangos, raw ¼ cup 12 Melons, cantaloupe, raw ½ cup 29 Melons, cantaloupe, raw 1/8 melon 25 Melons, honeydew, raw ½ cup 15 Mustard greens, cooked, boiled ½ cup 18 Orange juice, canned, unsweetened 4 fl.oz. 43 Orange juice, chilled, includes from concentrate 4 fl. oz. 41 Oranges, raw, all commercial varieties 1 medium 70 Papayas, raw ¼ papaya 47 Peaches, frozen, sliced, sweetened ¼ cup 59 Peas, green, canned, regular pack ½ cup 8 Peas, green, frozen, cooked, boiled ½ cup 8 Peppers, hot chili, green, raw ¼ pepper 27 Peppers, hot chili, red, raw ¼ pepper 16 Peppers, sweet, green, raw ¼ pepper 16 Peppers, sweet, green, cooked, boiled, drained ¼ cup 30 Peppers, sweet, green, cooked, boiled, drained ¼ cup 25	Kale, cooked, boiled, drained	½ cup	27	
Lemon juice, canned or bottled Lima beans, immature seeds, frozen, cooked Mangos, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, honeydew, raw Melons, honeydew, raw Melons, canned, unsweetened Orange juice, canned, unsweetened Orange juice, chilled, includes from concentrate Oranges, raw, all commercial varieties Papayas, raw Peaches, frozen, sliced, sweetened Peas, green, canned, regular pack Peas, green, frozen, cooked, boiled Peppers, hot chili, green, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained Peppers, sweet, green, cooked, boiled, drained Papayas, sweet, green, cooked, boiled, drained Peppers, sweet, green, cooked, boiled, drained Papayas, sweet, green, cooked, boiled, drained	Kiwi fruit, (Chinese gooseberries), fresh	½ medium	35	
Lima beans, immature seeds, frozen,	Kohlrabi, cooked, boiled, drained	½ cup	45	
cooked Mangos, raw Malons, cantaloupe, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, cantaloupe, raw Melons, honeydew, raw Melons, honeydew, raw Mustard greens, cooked, boiled Orange juice, canned, unsweetened Orange juice, chilled, includes from concentrate Oranges, raw, all commercial varieties I medium Mangos, raw Melons, cantaloupe, raw Melons, honeydew, raw Melons, honeydew, raw Melons, cantaloupe, raw Mel	Lemon juice, canned or bottled	2 T.	8	
Mangos, raw 1/4 cup 12 Melons, cantaloupe, raw 1/2 cup 29 Melons, cantaloupe, raw 1/8 melon 25 Melons, honeydew, raw 1/2 cup 15 Mustard greens, cooked, boiled 1/2 cup 18 Orange juice, canned, unsweetened 4 fl.oz. 43 Orange juice, chilled, includes from concentrate 4 fl. oz. 41 Oranges, raw, all commercial varieties 1 medium 70 Papayas, raw 1/4 papaya 47 Peaches, frozen, sliced, sweetened 1/4 cup 59 Peas, green, canned, regular pack 1/2 cup 8 Peas, green, frozen, cooked, boiled 1/2 cup 8 Peppers, hot chili, green, raw 1/4 pepper 27 Peppers, hot chili, red, raw 1/4 pepper 16 Peppers, sweet, green, raw 1/4 cup 30 Peppers, sweet, green, cooked, boiled, drained 1/4 cup 25	Lima beans, immature seeds, frozen,	½ cup	11	
Melons, cantaloupe, raw 1/2 cup 29 Melons, cantaloupe, raw 1/8 melon 25 Melons, honeydew, raw 1/2 cup 15 Mustard greens, cooked, boiled 1/2 cup 18 Orange juice, canned, unsweetened 4 fl.oz. 43 Orange juice, chilled, includes from concentrate 4 fl. oz. 41 Oranges, raw, all commercial varieties 1 medium 70 Papayas, raw 1/4 papaya 47 Peaches, frozen, sliced, sweetened 1/4 cup 59 Peas, green, canned, regular pack 1/2 cup 8 Peas, green, frozen, cooked, boiled 1/2 cup 8 Peppers, hot chili, green, raw 1/4 pepper 27 Peppers, sweet, green, raw 1/4 pepper 16 Peppers, sweet, green, raw 1/4 cup 30 Peppers, sweet, green, cooked, boiled, drained 1/4 cup 25	cooked			
Melons, cantaloupe, raw Melons, honeydew, raw Melons Me	Mangos, raw	½ cup	12	
Melons, honeydew, raw Mustard greens, cooked, boiled Orange juice, canned, unsweetened Orange juice, chilled, includes from concentrate Oranges, raw, all commercial varieties I medium Oranges, raw Peaches, frozen, sliced, sweetened Peas, green, canned, regular pack Peas, green, frozen, cooked, boiled Peppers, hot chili, green, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained Mustard greens, 18 Pet cup Peppers, hot chili, red, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained	Melons, cantaloupe, raw	½ cup	29	
Mustard greens, cooked, boiled Orange juice, canned, unsweetened Orange juice, chilled, includes from concentrate Oranges, raw, all commercial varieties Papayas, raw Peaches, frozen, sliced, sweetened Peas, green, canned, regular pack Peas, green, frozen, cooked, boiled Peppers, hot chili, green, raw Peppers, sweet, green, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained Mustard green 4 cup 18 43 41 And 70 Papayas, raw Papayas 47 Peaches, frozen, sliced, sweetened 14 cup 59 Peas, green, canned, regular pack 12 cup 8 Peppers, hot chili, green, raw 14 pepper 16 Peppers, sweet, green, raw 14 cup 30 Peppers, sweet, green, cooked, boiled, drained 14 cup 25	Melons, cantaloupe, raw	1/8 melon	25	
Orange juice, canned, unsweetened 4 fl.oz. 43 Orange juice, chilled, includes from concentrate 4 fl. oz. 41 Oranges, raw, all commercial varieties 1 medium 70 Papayas, raw 1/4 papaya 47 Peaches, frozen, sliced, sweetened 1/4 cup 59 Peas, green, canned, regular pack 1/2 cup 8 Peas, green, frozen, cooked, boiled 1/2 cup 8 Peppers, hot chili, green, raw 1/4 pepper 27 Peppers, hot chili, red, raw 1/4 pepper 16 Peppers, sweet, green, raw 1/4 cup 30 Peppers, sweet, green, cooked, boiled, drained 1/4 cup 25	Melons, honeydew, raw	½ cup	15	
Orange juice, chilled, includes from concentrate Oranges, raw, all commercial varieties 1 medium 70 Papayas, raw 1/4 papaya 47 Peaches, frozen, sliced, sweetened Peas, green, canned, regular pack Peas, green, frozen, cooked, boiled Peppers, hot chili, green, raw Peppers, hot chili, red, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained Pf. cup 41 Orange juice, chilled, includes from concentrate 4 fl. oz. 41 Orange juice, chilled, includes from concentrate 4 fl. oz. 41 Oranges, raw 47 Pepapaya 8 Peaches, frozen, sliced, sweetened 1/2 cup 8 Peppers, hot chili, green, raw 1/4 pepper 1/4 pepper 1/4 cup 30 Peppers, sweet, green, cooked, boiled, drained 1/4 cup 25	Mustard greens, cooked, boiled	½ cup	18	
Oranges, raw, all commercial varieties 1 medium 70 Papayas, raw 1/4 papaya 47 Peaches, frozen, sliced, sweetened 1/4 cup 59 Peas, green, canned, regular pack 1/2 cup 8 Peas, green, frozen, cooked, boiled 1/2 cup 8 Peppers, hot chili, green, raw 1/4 pepper 27 Peppers, hot chili, red, raw 1/4 pepper 16 Peppers, sweet, green, raw 1/4 cup 30 Peppers, sweet, green, cooked, boiled, drained 1/4 cup 25	Orange juice, canned, unsweetened	4 fl.oz.	43	
Papayas, raw Peaches, frozen, sliced, sweetened Peas, green, canned, regular pack Peas, green, frozen, cooked, boiled Peppers, hot chili, green, raw Peppers, hot chili, red, raw Peppers, sweet, green, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained Peppers, sweet, green, cooked, boiled, drained Papayaa 47 47 47 47 47 47 47 47 47	Orange juice, chilled, includes from concentrate	e 4 fl. oz.	41	
Peaches, frozen, sliced, sweetened Peas, green, canned, regular pack Peas, green, frozen, cooked, boiled Peppers, hot chili, green, raw Peppers, hot chili, red, raw Peppers, sweet, green, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained	Oranges, raw, all commercial varieties	1 medium	70	
Peas, green, canned, regular pack Peas, green, frozen, cooked, boiled Peppers, hot chili, green, raw Peppers, hot chili, red, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained	Papayas, raw	¼ papaya	47	
Peas, green, frozen, cooked, boiled Peppers, hot chili, green, raw Peppers, hot chili, red, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained	Peaches, frozen, sliced, sweetened	½ cup	59	
Peppers, hot chili, green, raw Peppers, hot chili, red, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained	Peas, green, canned, regular pack	½ cup		
Peppers, hot chili, red, raw Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained	Peas, green, frozen, cooked, boiled	½ cup	8	
Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained 1/4 cup 25	Peppers, hot chili, green, raw	¼ pepper	27	
Peppers, sweet, green, raw Peppers, sweet, green, cooked, boiled, drained 1/4 cup 25	Peppers, hot chili, red, raw	½ pepper	16	
	Peppers, sweet, green, raw	½ cup	30	
Peppers, sweet, red, raw \(\frac{1}{4} \) cup \(71 \)	Peppers, sweet, green, cooked, boiled, drained	¹⁄₄ cup	25	
7. 000	Peppers, sweet, red, raw	½ cup	71	

Peppers, sweet, red, cooked, boiled, drained Pineapple juice, canned, unsweetened	¹ / ₄ cup 4 fl. oz.	58 13
Pineapple, canned, juice pack, solids and	½ cup	12
liquids	-	
Pineapple, raw, all varieties	¹⁄4 cup	14
Plantains, raw	½ medium	16
Potato salad, school-prepared	½ cup	13
Potatoes, white, baked	1 medium	17
Potatoes, hashed brown, school-prepared	½ cup	10
Potatoes, mashed, dehydrated, prepared from	½ cup	11
flakes without milk, whole milk and butter added		
Potatoes, mashed, school-prepared	½ cup	11
Raspberries, frozen, red, sweetened	½ cup	21
Refried beans, canned (includes USDA	½ cup	8
donated)		
Rutabagas, cooked, boiled	¹⁄4 cup	8
Sauerkraut, canned, solids and liquids	1/4 cup	9
Soybeans, green, cooked, boiled	½ cup	15
Spinach, canned, drained solids	½ cup	15
Squash, summer, all varieties, raw	½ cup	10
Squash, winter, all varieties, cooked, baked	¹⁄2 cup	10
Strawberries, frozen, sweetened, sliced	½ cup	53
Strawberries, raw	½ cup	49
Sweet potato, canned, syrup pack,	½ cup	11
drained solids		
Sweet potato, cooked, baked in skin	1 potato	29
Tangerines, (mandarin oranges), canned	1/4 cup	12
Tangerines, (mandarin oranges), raw	1 tangerine	22
Tomato juice, canned	4 fl. oz.	22
Tomato products, canned, puree	¹⁄4 cup	13
Tomato products, canned, sauce	½ cup	9
Tomato soup, canned, prepared with equal	½ cup	33
Turnip greens, cooked, boiled	½ cup	20
Turnip greens, frozen, cooked, boiled	½ cup	18
Vegetable juice cocktail, canned	4 fl. oz.	34
Watermelon, raw	1 wedge	23

^{*}For the HealthierUS School Challenge, a food with 8 mg. or more of vitamin C per serving was established as a good source since this is approximately ½ the NSLP target for this nutrient. It is assumed that the remainder of the nutrient will be provided from all other food items on the menu.

The Following USDA Recipes Provide at Least 8 mg or More of Vitamin C Per Serving

Recipe	Recipe No.	Vitamin C mg
Herbed Broccoli and Cauliflower Polonaise	I-18	38.8
Orange-Pineapple Gelatin	C-11	30.5
Broccoli Salad	E-17	30.3
Pork Stir Fry	D-39B	29.7
Stir-Fry (Chicken, Beef, Pork)	D-39	29.3
Beef Stir Fry	D-39A	29.2
Vegetable Lasagna	D-50	27.2
Marinated Black Bean Salad	E-21	23.7
Broccoli, Cheese, and Rice Casserole	I-08	23.5
Vegetable Pizza	D-30A	20.9
Beef Shepherd's Pie	D-43	18.4
Orange Rice Pilaf	B-21	17.7
Vegetable Chili	D-49	17.5
Lasagna with Ground Pork and Ground Beef	D-25A	16.5
Vegetable Wraps	F-09	16.5
Lasagna With Ground Beef	D-25	16.3
Thick Vegetable Soup	H-05	15.2
Orange Glazed Sweet Potatoes	I-13	14.6
Chili Con Carne With Beans	D-20	14.5
Ground Beef and Macaroni	D-22	13.9
Tabouleh	E-23	13.4
Vegetable Soup	H-04	13.3
Vegetable Stromboli	F-06B	13.1
Beef and Bean Tamale Pie	D-15A	12.3
Sloppy Joe on Roll	F-05	11.9

Beef Tamale Pie	D-15	11.9
Chicken or Turkey Tamale Pie	D-15B	11.9
Vegetable Quesadilla	D-52	11.9
Ground Beef and Spanish Rice	D-23	11.8
Chicken Vegetable Soup	H-04B	11.8
Beef Vegetable Soup	H-04A	11.5
Quick Baked Potatoes	I-17	11.3
Creamy Cole Slaw	E-06	11.1
Bean Burrito	D-12A	10.1
Chinese Style Vegetables	I-09	10.1
Pizzaburger on Roll	F-04	10.0
Pizza with Ground Pork Topping	D-31A	10.0
Beef or Pork Burrito	D-12	9.7
Beef or Pork Burrito (Using Canned Meats)	D-12B	9.7
Pasta Salad	E-08	9.6
Pizza With Ground Beef Topping	D-31	9.4
Potato Salad	E-09	9.2
Chicken Tomato Bake	D-41	8.7
Bean Taco	D-13A	8.6
Taco Salad	E-10	8.4
Sweet and Sour Pork	D-36	8.3
Beef or Pork Taco	D-13	8.2
Beef or Pork Taco (Using Canned Meats)	D-13B	8.2
Chicken or Turkey Taco	D-13C	8.2
Barbecued Beef or Pork on Roll	F-02	8.0

Definition and Examples of Offering Different Entrées or Meat/Meat Alternates

Different entrées or meat/meat alternates are defined as variations in form, texture, etc. and not necessarily different types of meat/meat alternate (beef, ham, chicken, eggs, fish, etc). Although beef is the common type of food in these examples, they are considered different entrées for the HealthierUS School Challenge:

- Meatloaf with Brown Gravy
- Hamburger on a Bun
- Lasagna

SFAs should be aware that offering different *types* of meat/meat alternate, such as pork, beef, fish, chicken, egg, dried beans, etc. as frequently as possible ensures that a variety of nutrients are consumed.

Refer to Frequently Asked Questions (FAQ) #5 on page 4 for further discussion.

Definition and Examples of Dried Peas and Beans

Beans belong to the family of plants called legumes. A legume is a plant that produces seeds in a pod (fruit) and may have the ability to fix atmospheric nitrogen. The term "dry or dried beans" includes varieties of beans other than green beans, string beans, baby green lima beans, and soybeans. Dried beans are available uncooked in sealed bags or pre-cooked in cans.

Beans are one of the most nutritionally complete foods available; they contain complex carbohydrates, protein, dietary fiber, folate, and other vitamins and minerals and are low in fat, and low in sodium.

Examples of dried peas and beans are:

- Pinto beans
- Great Northern or navy beans
- Kidney or red beans
- Black beans
- Lentils
- Garbanzo beans (chickpeas)
- Cowpeas
- Split peas
- Lima beans (dry, mature, such as large white)
- Black-eyed peas

Definition and Examples of Whole Grain Products

A whole grain food is one labeled as a whole grain product or with a whole grain as the primary or first ingredient in the product's ingredient label.

The local school review committee should review the ingredient list on the product's ingredient statement to determine whether a product meets the HealthierUS School Challenge criteria. A whole grain should be the first grain ingredient listed, indicating it is the *primary* grain of the product. For many whole-grain products, the words *whole* or *whole grain* will appear before the grain ingredient's name. Wheat flour, enriched flour, and degerminated cornmeal are not whole grains. Whole grains that are widely available in the U.S. are:

- Brown rice
- Bulgur (cracked wheat)
- Graham flour (coarsely ground whole wheat flour)
- Whole oats (oatmeal)
- Whole-grain barley
- Whole grain cornmeal
- Whole rye flour
- Whole wheat flour

You might also look for the whole-grain health claim—"Diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease and certain cancers"—on food product labels. Foods that bear the whole-grain health claim must:

- Contain 51% or more whole grains by weight
- Be low in fat

For further discussion on whole grain products, review Frequently Asked Questions, #7 and #8 on pages 4 and 5.

Food Sources of Iron

Meat/Meat (M/MA) alternates (provide a range of .5 to 4 mg iron per 1 oz serving or equivalent):

- Cooked dried beans and peas (such as kidney beans, navy beans, black beans, mature dried lima beans, pinto beans, black-eyed peas, white beans, refried beans, and lentils)
- Beef, liver, and other organ meats provide greatest amount of iron
- Shellfish (like shrimp, clams, mussels, and oysters)
- Turkey (remove skin to reduce fat)
- Nuts such as almonds, peanuts, and walnuts
- Peanut butter (2 T.)

Grains/Breads (**G/B**) **Products** (provide a range of .6 to .8 mg iron per G/B serving):

- Enriched breads, cereals, pasta, other grain products
- Whole-grain breads, grain products

Vegetables/Fruits (V/F) (provide a range of .3 to 1 mg iron per ½ c serving):

- Dried fruits (such as apricots, dates, figs, prunes, and raisins)
- Chard
- Beet greens
- Cherries, sour, red, canned
- Collard greens
- Pumpkin
- Potato, baked
- Salsa (USDA commodity only)
- Sauerkraut
- Spinach
- Spaghetti/Marinara Sauce, prepared
- Tomato paste and tomato puree
- Turnip greens

Other Sources:

Blackstrap molasses

Note: Heme iron is found in meat, shellfish and poultry and is absorbed much more easily than non-heme iron which is found primarily in fruits, vegetables, dried beans, nuts and grain products.

The Following USDA Recipes Provide at least 2 mg or More Iron Per Serving

		Iron
Recipe Name	Recipe No.	mg/serving
Tuna and Noodles	D-37	3.92
Sloppy Joe on Roll	F-05	3.74
Taco Pie with Beans	D-45B	3.62
Pizzaburger on Roll	F-04	3.58
Taco Pie with Salad Topping	D-45A	3.41
Barbecued Beef or Pork on Roll	F-02	3.40
Bean Burrito	D-12A	3.37
Ground Beef and Macaroni	D-22	3.32
Beef Taco Pie	D-45	3.28
Beef and Bean Tamale Pie	D-15A	3.26
Spaghetti and Meat Sauce	D-35	3.24
Ground Beef and Spanish Rice	D-23	3.10
Beef Stew	D-14	3.06
Tuna Salad Sandwich	F-08	3.02
Spaghetti and Meat Sauce (Ground Beef and		
Ground Pork)	D-35A	2.98
Breakfast Burrito with Salsa	J-02	2.95
Beef Tamale Pie	D-15	2.89
Vegetable Lasagna	D-50	2.86
Pizza With Ground Beef Topping	D-31	2.82
Beef Stir Fry	D-39A	2.73
Chili Con Carne With Beans	D-20	2.71
Vegetable Pizza	D-30A	2.68
Bean Taco	D-13A	2.67
Bean Soup	H-01	2.66
Lasagna With Ground Beef	D-25	2.65
Beef or Pork Burrito	D-12	2.62

Pizza with Ground Pork Topping	D-31A	2.60
Thick Vegetable Soup	H-05	2.58
Cherry Cobbler	C-06	2.58
Lasagna with Ground Pork and Ground Beef	D-25A	2.56
Taco Salad	E-10	2.49
Beef Shepherd's Pie	D-43	2.43
Beef or Pork Taco	D-13	2.43
Chicken or Turkey Tamale Pie	D-15B	2.40
Toasted Turkey Ham and Cheese Sandwich	F-07A	2.39
Beef or Pork Burrito (Using Canned Meats)	D-12B	2.35
Egg Salad Sandwich	F-03	2.29
Vegetable Chili	D-49	2.26
Beef or Pork Taco (Using Canned Meats)	D-13B	2.23
Meat Balls	D-27A	2.23
Meat Loaf	D-27	2.23
Chicken or Turkey Pot Pie	D-19	2.23
Turkey and Dressing Supreme	D-38	2.21
Ground beef Stroganoff	D-24	2.19
Pizza With Cheese Topping	D-30	2.17
Arroz con Queso	D-48	2.16
Chicken Fajitas	D-40	2.11
Country Fried Steak	D-21	2.11
Cinnamon Rolls	B-08	2.08
Gingerbread	C-23	2.07
Sweet Potato-Prune Bread Squares	B-18	2.05
Chicken Tomato Bake	D-41	2.01
Minestrone	H-07	2.00
Salisbury Steak	D-33	2.00